



OCTOBER 2020



Sept. 28 Autumn Harvest Casserole Seasoned Carrots Seven Layer Salad Chunky Applesauce Lemon Bar	Sept. 29 Hamloaf Cowboy Potatoes Green Beans Peaches Rice Cereal Bar	Sept. 30 Porcupine Meatballs Mashed Potatoes Baked Beans Broccoli Salad Frosted Cake	Oct. 1 Chicken & Dressing Sweet Potatoes Mixed Vegetables Pears Sour Cream Raisin Bar	Oct. 2 Brunch Egg Bake Hashbrowns Sausage Links Mixed Fruit 100% Orange Juice Cinnamon Roll
Oct. 5 Goulash (1¼ cup) Corn Bread Square Coleslaw Apple Pie Bar	Oct. 6 BBQ Chicken Breast Oven Browned Potatoes Hot Spinach Melon Pieces Pineapple Upside Down Cake	Oct. 7 Meatloaf Scalloped Potatoes Stewed Tomatoes Three Bean Salad Strawberry Gelatin/Topping	Oct. 8 Boiled Dinner w/Ham, Potatoes, Carrots & Cabbage Seven Layer Salad Frosted Pumpkin Bar	Oct. 9 Roast Pork Ranch Mashed Potatoes California Blend Vegetables Peaches Iced Angel Food Cake
Oct. 12 Beef Stew over a Baking Powder Biscuit Spinach Salad Mixed Fruit Cheesecake w/Fruit Topping	Oct. 13 Ring Bologna Sweet Potatoes Seasoned Mixed Vegetables Chunky Applesauce Butterfinger Dessert	Oct. 14 Roast Beef/Gravy Mashed Potatoes Honey Glazed Carrots Pears Frosted Chocolate Cake	Oct. 15 Tuscan Bean Soup Egg Salad Sandwich on Whole Wheat Bread Pineapple Chunks Seven Layer Bar	Oct. 16 Spaghetti w/Meat Sauce Broccoli Tropical Fruit Caesar Salad French Bread Baker's Choice Cookie
Oct. 19 Sloppy Joe on a Bun Potato Wedges Baked Beans Apricots Vanilla Pudding Pie Dessert	Oct. 20 Saucy Pork Chop Mashed Potatoes Squash Seven Layer Salad Pumpkin Pie Square	Oct. 21 Salisbury Steak Duchess Potatoes Green & Wax Beans Coleslaw Dinner Roll Chocolate Cherry Bar	Oct.22 Lasagna Mixed Vegetables Mixed Greens w/Dressing Mixed Fruit French Bread Lemon Bar	Oct. 23 Baked Cod Oven Browned Potatoes Aunt Carol's Salad Mandarin Oranges Banana Bread
Oct. 26 Pasty w/Gravy Harvard Beets Peaches Mississippi Mud Bar	Oct. 27 Sliced Ham Sweet Potatoes Broccoli Whole Wheat Dinner Roll Apple Crisp	Oct. 28 Hamburger on a Bun w/Onions, Mushrooms Potato Salad Maple Baked Beans Tropical Fruit Frosted Brownie	Oct. 29 Boscobel Birthday Orange Glazed Chicken Breast Au Gratin Potatoes Cooked Spinach Sunshine Salad Frosted Cupcake	Oct. 30 Pepper Steak Mashed Potatoes Carrots Banana Bread Pudding/Caramel Sauce

All menus are prepared in kitchens that are not allergen free. We cannot guarantee that food allergens will not be transferred through cross contact and therefore cannot offer a substitution item for food allergies, intolerances or personal food preferences.